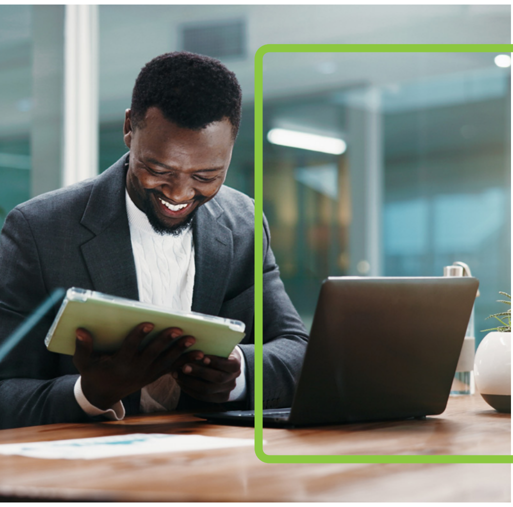
MONEY SMART WEEK
SOUTH AFRICA 2026



Financial wellbeing and you

There is one part of our lives we often forget about: *our financial wellness*

Money is personal, and how we spend and save can have a big impact on our lives and our families. **Being 'financially well' is about managing your money every day, knowing where you stand now, and planning for a secure future.**

Money Smart: The Power of Possible
Small money-smart choices can make more possible...

Start with understanding your money habits

- *Where* did your money habits come from?
- *What* are your beliefs about money?
- *Who* or what influences your money decisions?
- *What* is your money personality?
- *How* do you feel about your money situation right now?
- *Why* do you want to improve your financial wellness?

Do these five things

1. Think about how you are doing right now. ***What words describe your current money situation?***
2. Rate your financial wellness. ***Is it excellent, good, just okay, or poor?***
3. Ask yourself: ***Are you ready to improve your financial wellness?***
4. Reflect on your ***money habits and attitudes.***
5. Commit to making the time to ***learn and improve how you handle your money.***

One small money-smart choice can be a step towards something more.
Explore more Money Smart Week resources at www.bayport.co.za

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